

The Great Outdoors Challenge

List of Activities

The Great Outdoors Challenge is a well-being challenge designed to get employees outdoors and moving! It provides friendly competition as employees earn points for spending time outdoors and/or participating in outdoor activities. During this six-week event, participants choose activities from the below list of activities normally available in Missouri State Parks. Activities do **NOT** need to be completed in a state park to earn points. **EXTRA** points are earned for completing in a state park.

- Backpacking
- Bicycling
- Boating
- Camping
- Paddling/Floating
- Cave Tour
- Horseback Riding
- Fishing
- Hiking/Walking
- Orienteering
- Picnicking with healthy foods
- Playing on the playground
- Rock climbing
- Swimming
- Visiting a historical feature